

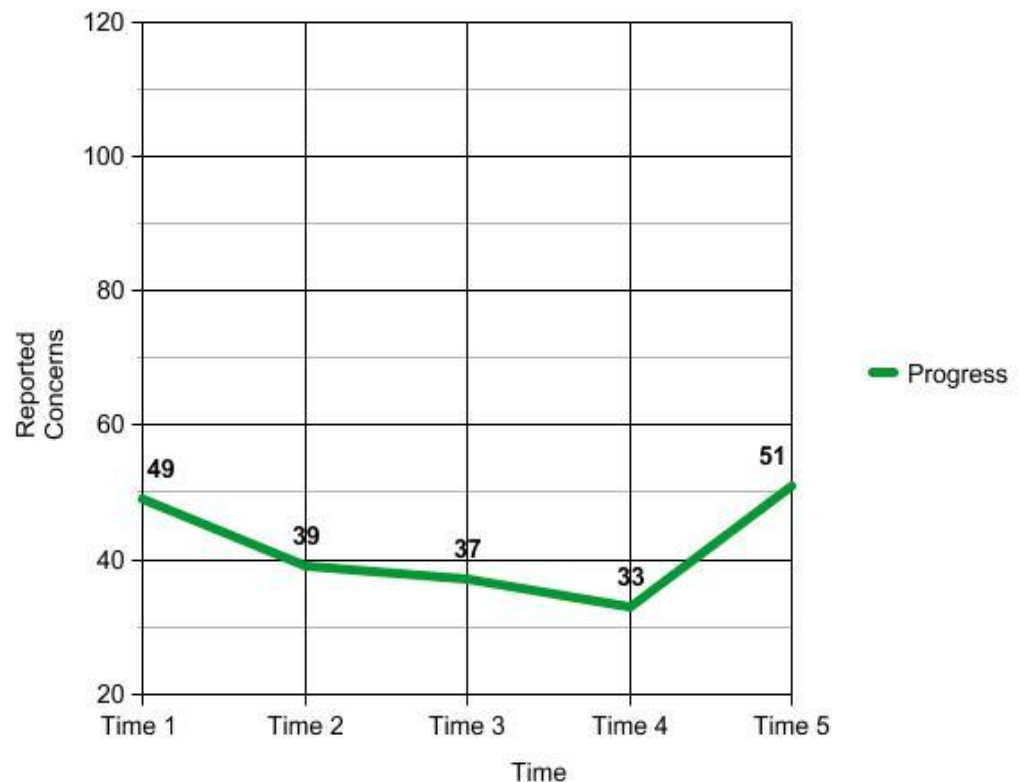
# Y-OQ<sup>®</sup> and Y-O-U

## What is Y-OQ<sup>®</sup>?

- Stands for: “Youth Outcome Questionnaire<sup>®</sup>.”
- There are two versions, the 64 question and 30 question version. They take 7-15 minutes to do.
- It’s a routine measure of how you are doing.
- The Y-OQ<sup>®</sup> checks your mental health vital signs. Think of it like you’d think of a blood pressure test or thermometer at the regular doctor.
- It’s a conversation-starter between you, your family and your provider.
- It helps your mental health treatment to be tailored to your specific needs at any given time.
- It produces a snapshot of your symptoms and how they are changing.

The Youth Outcomes Questionnaire<sup>®</sup> (also called YOQ<sup>®</sup>) is a quick way to measure improvement in your mental health, and to help identify when your services aren’t working for you. It’s one way that you, your family, and your provider can make sure treatment is on track. YOQ<sup>®</sup> is a way to make sure your

Sample YOQ Outcomes Graph



*This is a sample snapshot of what you’ll see after five times of taking the Y-OQ<sup>®</sup>. You, your provider and your family will be able to see your symptoms improve, and to notice when you may need to make some changes if your symptoms are not improving.*

*You will also be able to see which items specifically need more attention and how treatment may need to change.*

*You can look at the report together and discuss the results, adjusting your treatment plan if necessary.*

## Things you should know about the Y-OQ®

You will be taking the YOQ-SR®, which means the Y-OQ “Self-Report.” Parents or guardians may also take the Y-OQ®. All the answers will be used to figure out the best course of treatment

**There are no wrong answers.**

YOQ® is intended to give you more voice, greater choice, and greater control over treatment.

You are strongly encouraged to take the Y-OQ® because it helps your provider make your services tailored to what you want and how you are doing. However, you should know that your participation is voluntary & will not directly impact service eligibility

All of your answers and results have the same confidentiality as the rest of your mental health records.

We’re counting on your feedback about this tool that the state of Maine has decided to use improve services. From time to time, you may be asked to provide feedback on the Y-OQ®.

A collective workgroup of youth, families, providers & policy makers will use your feedback to make the experience of using the Y-OQ® as helpful and positive as possible.

*If you have any questions or concerns about this tool, please address them with your provider.*

For electronic copies of this document, or for more information about youth voice in YOQ, please visit:

[www.youthmovemaine.org](http://www.youthmovemaine.org)

*This document was created by youth and families who are assisting with Maine’s implementation of Youth Outcomes Questionnaire®, along with clinicians, administrators and policy-makers who are working together to guide the way the YOQ® is implemented in Maine.*